

Minerals			
Mineral	Actions	Sources	Possible Effects of Taking Too Much
Calcium	Important role in forming bones and teeth; helps with blood clotting, and muscle and nerve function	Salmon, sardines, milk, cheese, yogurt, calcium-set tofu, Chinese cabbage, kale, broccoli	Kidney stones; faulty kidney function; high blood levels of calcium; calcium deposits in soft tissue; decreased absorption of iron, zinc and magnesium
Iodine	Part of the thyroid hormones; prevents goiter and a birth defect called infantile myxedema	Iodized salt, seafood, kelp	Elevated level of thyroid-stimulating hormone (TSH) NOTE: You may be at greater risk of side effects from iodine if you have had iodine deficiency before, or if you have autoimmune thyroid disease or a nodular goiter.
Iron	Part of hemoglobin; helps your blood carry oxygen to your body's tissues and muscles; needed to make energy; supports immune system health; prevents one type of anemia	Meat, fish, poultry, lentils, beans, fortified breads and cereals	Upset stomach; constipation; diarrhea; dark stools; decreased absorption of zinc, calcium and copper NOTE: Blood transfusions and hemochromatosis (a genetic disorder also known as "iron overload") put you at higher risk for serious problems from taking too much iron.
Magnesium	Helps maintain normal muscle and nerve function; sustains regular heartbeat; keeps bones strong; helps your body produce energy	Meats, seafood, milk, cheese, yogurt, green leafy vegetables, bran cereal, nuts	Diarrhea; nausea; appetite loss; muscle weakness; trouble breathing; low blood pressure; irregular heartbeat; mental changes; kidney failure NOTE: Some <u>laxatives</u> contain magnesium. Using these laxatives and using supplements may increase your risk of serious problems from taking too much magnesium.
Phosphorus	Needed for healthy	Milk, yogurt, cheese,	Decreased absorption

	bones; helps your body produce energy	peas, meat, fish, eggs, some cereals and breads	of calcium; at high levels, can join with calcium in the blood and form calcium deposits in soft tissue and also lead to porous bones
Zinc	Supports your immune system; needed for wound healing and tissue repair; maintains your sense of taste and smell; helps digestion; supports normal reproduction, growth and development	Red meats, liver, oysters, certain seafood, milk products, eggs, beans, nuts, whole grains, fortified cereals	Decreased absorption of iron and copper; reduced immune function; reduced levels of high-density lipoproteins (HDL)—also called the “good cholesterol”